

# Hawthorn PE News

## Important Dates

5th Grade Track Meet	May 11
Functional Field Day @ Graden	April 30
Field Day	May 16

## Coach Rapp's

### Contact Information:

Phone: 816-359-6806

Email: [rappja@parkhill.k12.mo.us](mailto:rappja@parkhill.k12.mo.us)

### Walking Club

8:00—8:35 am.

Grades 3-5—Monday

Grades K-2—Wednesday

## February—Heart Health Month

Listed below are the seven risk factors for heart disease, and information about each risk factor.

### Tobacco Smoke

- Smokers risk ..... developing coronary heart disease – TWO to FOUR TIMES as great as nonsmokers.... of sudden cardiac death in patients with coronary heart disease is about twice the risk of nonsmokers.
- Exposure to other people's smoke increases the risk of heart disease even for NONSMOKERS.

### High blood cholesterol

- As blood cholesterol rises, so does risk of coronary heart disease.
- Other risk factors that increase risk:
  - high blood pressure
  - tobacco smoke
- Cholesterol levels are also affected by age, sex, heredity and diet.

### High Blood Pressure

- High blood pressure increases ...the heart's work-

load, causing the heart to thicken and become stiffer your risk of stroke, heart attack, kidney failure and congestive heart failure

- Greater risk of heart attack or stroke when high blood pressure combined with obesity, smoking, high blood cholesterol levels or Diabetes

### Physical Inactivity

- Regular, moderate-to-vigorous physical activity helps prevent heart and blood vessel disease.
- The more vigorous the activity, the greater your benefits.
- Moderate-intensity activities help if done regularly and long term.
- Physical activity can help control blood cholesterol, diabetes and obesity, and help lower blood pressure in some people.

### Obesity & Overweight

- Excess body fat — especially around the waist — can contribute to heart disease and stroke even if they have no other risk factors are

present.

- Excess weight increases the heart's work. It also raises blood pressure and blood cholesterol and triglyceride levels, and lowers HDL ("good") cholesterol levels.
- It can also make diabetes more likely to develop. By losing as few as TEN pounds, you can lower your heart disease risk.

### Diabetes

- Diabetes seriously increases your risk of developing cardiovascular disease.
- Diabetes increases the risk of heart disease and stroke, even if blood sugar is under control.
- Risks increase if blood sugar is not well controlled.
- About three-quarters of people with diabetes die of some form of heart or blood vessel disease.
- If you have diabetes, it's extremely important to manage it and control any other risk factors you can.

## What's Happening In PE?

Currently in PE we have been working through the following units:

- Jump Rope
- Tumbling/Apparatus
- Baseketball

In the future will we be conducting our Spring Fitness testing, tennis, badminton, and other racquet based activities.

